WORLD EMPIRE GUIDE TO ELITE WORLD CLASS HEALTH : Literally
By: World Empire

So.. You've just finished watching a 3 hour scientific medical analysis of how your Brain Needs Phosphatidylserine to function the way in which it's supposed to. After strenuous searching the internet for a way to acquire Phosphatidylserine on your lunch break. You found a korean alternative that will ship for half the cost. It comes in little cookie bar packages and tastes okay? You take a moment to think to yourself in between memes specifically tailored to You the Consumer,
"Wow. I finally did it… Phosphatidylserine. I am literally so Woke and totally awesome…"

Except YOU are consuming Phosphocreatine without realizing, which is not inherently a Bad thing. Except the Product you acquired is a Counterfeit Phosphocreatine and you wouldn't know the difference anyhow. You aren't any old run of the mill consumer and read the nutrition facts and ingredients yourself. You once read a meme that said those health food SCAN ME Apps are for particular case uses and fall within particular fields of practical application that don't factor in certain things that you may need to know.

It's probably not that big of a deal to be honest. Yet you know what it is kind of a big deal? Because you ought to know what is actually going into your body? The things They say to do and consume change with every work week. Your nitwit grandson is giving you a hard time for drinking a glass of orange juice on a saturday morning. You think to yourself "orange juice is good for me. Kids these days…" However you're wrong and don't know why, whilst your grandson doesn't know why he's correct, it's just what's trending on the tablet taped to his forehead.

W.E. Know how you feel… W.E. have researched, watched, listened, read, analyzed, scrutinized and cross referenced all of the worthwhile things worth factoring into a clear outline because you wouldn't believe it… After W.E. went through Basically Everything. W.E. STILL DIDN'T KNOW WHAT IS WHAT.
The Hokey-Pokey Left foot in and out dismissive bibble-babble nonsense is literally so immersed in gatekeeper buzzword mass confusion that it would be nearly impossible for anyone to know. Yet, W.E. Did know to a degree. W.E. Knew the Things about the Things about the

things about THINGS that Things fail to mention until someone such as W.E. implements the particular things about things that you will most likely never have the time to learn about and guess what.

W.E. MADE IT SIMPLE! W.E. were sick and tired of just how pointless these little tid-bit collections of breadcrumb health secrets and misinformed almost healthy things were to the all encompassing overall implementation within our daily lives. The billionaires can monitor their bodies 24/7 on special devices and have their super duper Dr. Chef Scientists acquire and measure everything out precisely for top dollar. When They Talk about it… It's great but in the end there's no utility for your own life. Except there is and W.E. Cut through all of it. It's finished. It is thanks to them W.E. were able to cultivate the regimen outlined in this book.

THIS book is just the Basic Blueprint. All of us have particular genetic predispositions to geographic regions and ancestral roots that may have our physical bodies gravitate more towards particular foods over others. However, concerning practical application, I disregard that parameter in this book. Elimination Diet, DNA Testing and Sourcing of the highest caliber, introducing foods back in with your Doctor is the highest form of recalibration. W.E. did not want to use the same tools that got us here, to try and get us out.

W.E. Had Faith today when we stumbled across new organizations/apps that claim to circumnavigate all the sourcing/misinformation/brand/ingredient knowledge nonsense… To my surprise after seeing what they have to offer for me as a consumer. It's the same wishy washy buzzword hype Trust us Nonsense that may as well just have me getting fast food Anyways… Source, Trust ME, Bro.

This is it. This is everything. I Do Things. I made This Book because I still had yet to find this book. Some of the greats are releasing their books later in the years to come. Yet, they can't operate the way that W.E. do now. They need to build followings to make true significant impact upon the world. Do you understand?

W.E. Don't Care about all that. This is all just me saying. Take it to the bank.

-WORLD EMPIRE Industries Founder

WORLD EMPIRE GUIDE TO ELITE WORLD CLASS HEALTH : Literally

Part 1 - Food

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1. "But Spicy Chip so good."

The Truth Behind Hyper-Palatable Junk Food

They engineered it to be addictive. The balance of **salt, sugar, and fat** is *perfectly designed* to hijack your brain. You think you "***like***" spicy chips? No, your **dopamine receptors got hacked.**

Even proof-reading This 2 weeks into it made me want one! Ha! Militarized Neruo-Black-Ops-Scientists Formulating the Ultimate Superior Crunchy Potato Snack! Budget $142million/year

Then, when the bans come—"We removed Red 3!"—they frame it like a victory. **But the whole thing was poison to begin with.** *Red 2 was banned in 1976?. but what about... How Many Numbers are between 1 and 41 again?*

Seed oils? The debate is a distraction. You could *technically* balance them if you were a **full-time scientist chef measuring your Omega-6:3 ratios**, but let's be real. **99.9% of people aren't doing any of That.**
W.E. are not doing that.

Welcome to being Elite-World-Class-Healthy
because why not...

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2. "Moment of Silence."

The Food Industry's Shelf-Stable Reality

What happens when you design food **to last forever**? It stops being *food.*

It's chemicals, preservatives, stabilizers, flavor enhancers. The longer it sits on the shelf, the less alive it is. **Dead food keeps you dead inside.** *Literally*

But **Real** food? **Real food rots.**

Understanding food labels like an **elite tactician** means reading beyond the macros. **What's the source? What's the process?**
Nobody wants to navigate the aisles of a grocery store Reading All of those gooba-gash nit-wit ingredient chemical structure nonsense lists pretending to know what the hell they're looking for.
"Oh only 2% Polyoxyethylene-Sorbitan-Monostearate, but Just the Cheese?" *You're not* ***THAT*** *Woke...*

Olive oil? If it's in a **clear plastic bottle**, it's F**ake.** Move accordingly.

Literally Can't Tell Me Nothing...

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3. "This is it."

Breaking Free from the Fog Machine

The moment of clarity: **Health is a system, not a guessing game.** You either **control the inputs** or get controlled by them.
Don't be mad or feel some dismissive odd way about not knowing... Idk why that's Everyone's Default emotion. **Oh. Wow. You Didn't Watch The 50 episodes on the 63 different properties of Orange Juice? Wow. Ok.** -- ***No. You Didn't. Who Would?*** W.E. Did.

Moving forward, No guilt, No regrets—just **precision health mode. 100/100** All Parameters.

The foundations: ✅ **Avocado oil. Grass-fed beef. White rice. Organic veggies.** ✅ The **WORLD EMPIRE FOOD SYSTEM.** *The Brands/Specifics Matter. It's Deep. Don't just Go Buy Rice. lol*
It's **More** than 4 Food Items but if you don't **know** about what's in this next chapter...
It's plausible that up until now you have had no idea.
This Book reads like an elite fitness cookbook & wellness vibe. Don't Ever ask why.

The goal? **Eat and live at an untouchable level.**

4. "Seed Oils Aren't Bad, But..."

The Half-Truths & Influencer Hot Takes

The phrase **"Seed oils are poison"** is both right and wrong. **They CAN be used correctly**, but **99% of people won't.** ***If*** You ***DO*** Have a ***live-in laboratory-tech Dr. Scientist Chef*** to adequately measure your **6:3** ratios in all of your meals every day then have at it... Many people don't know what W.E. mean when we say 6:3 ...
So W.E. **don't play that game.**

Olive oil—even **REAL** olive oil—**oxidizes when heated above its stability range.** The result? **Lipid peroxides and toxic aldehydes flood your system.** These aren't just "bad for you"—they are **directly linked to cellular damage and cancer risk.** Oxidized fats become **a free radical bomb** attacking your body from the inside out. Burnt oil forms **toxic aldehydes**, compounds so aggressive they've been **implicated in neurodegenerative diseases, inflammation, and cancer development.** This isn't just a preference—**it's a biochemical landmine.** This isn't some minor inconvenience. **Oxidation = free radicals pooling in your system.**

🚫 Olive oil's smoke point ranges from ***325°F to 375°F.*** **Above 200°F** Oxidation Begins. **Above 375°F** it floods your body with lipid peroxides and toxic aldehydes—damaging cells, driving inflammation, and stacking the odds for long-term disease.

Did You Know That? ? *Last I checked we're usually cooking at 400°F* (more than 325°F to 375°F)

✅ **Default to 100% Pure Avocado Oil**—stable, high smoke point, **minimal oxidation. 500°F**

Meats? Grass-fed & Finished Beef, pasture-raised organic chicken, wild-caught fish.
Nothing else comes close.
W.E. are fully aware of the real infrastructure implications on all of these products. Ok... *(don't go there)*
Local regenerative farms are the True World Class Elite. Support your local **R-E-G-E-N-E-R-A-T-I-V-E** Farms. Beyond that... We've calculated that this **single Free Book** is insufficient to directly challenge one of the largest conglomerates in the **World**. *damn... so close.*
"100% All Natural" Literally means Nothing. *honestly kind of funny.*
Lamb, elk, and wild fish are World-Class Elite for those sourcing them properly.

Applegate Deli Meats: This is it. (lunchmeat) - *I get Marketside Uncured... Shh…*

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5. "Grains, Rice, and the Glyphosate Conundrum."

The Real Carb Breakdown

- **White rice:** The **Elite Carb Source.** Why? Low anti-nutrients, high digestibility, zero glyphosate.
  Organic White Jasmine Rice of W.E. Particular Choice for Shoppers without a Rice Farm.
- **Whole wheat?** It's a **marketing illusion.** Sprouted Ezekiel bread? **That's the Real move.**
- **Oats, quinoa, corn?** Depends on sourcing. Most are **loaded with phytic acid** unless handled correctly.
  look into that harder if you like...

Plants **fight back** against being eaten. Unlike animals, which can run away, plants defend themselves chemically. **Lectins, oxalates, phytic acid, gluten—these are biological weapons.** They interfere with nutrient absorption, irritate the gut lining, and trigger inflammation.

This is why grains like wheat are problematic. **Gluten damages the intestinal wall. Phytic acid blocks mineral absorption.** You eat, but you don't absorb. The body stays in a state of depletion.

Why Sourdough is the Exception (But Still Cut from W.E.)

Sourdough fermentation **breaks down gluten and reduces phytic acid**, making it **far easier on digestion than conventional wheat bread.** If you must eat bread, **REAL sourdough is the only one that makes the cut.**
I still eat it.

So why did W.E. eliminate it? Because even at its best, **it's still unnecessary.** White rice provides clean, efficient fuel without any of the compromises. Sourdough is an upgrade from wheat—but **W.E. are upgrading beyond bread entirely.**
whatever.
Of Course the Ultimate "Bread" is some Ancient Biblical Old Testament Ezekiel Bread Formula? Lol Go figure
EZEKIEL BREAD AND MOST LIKELY ALL EZEKIEL BREAD PRODUCTS. ✅

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6. "Vegetables: Let's Be Real."

Leafy Greens Tier List

✅ **Elite:** Romaine, Bok Choy, Arugula. (minimal Arugula because of random reason I forget)
🚫 **Overrated:** Spinach, Kale (*oxalate bombs*).

Not all greens are created equal. Some provide **essential nutrients without drawbacks**, while others come with A**nti-Nutrients that Work Against you** *W.E. ain't got time for that then do we? For What?*

✅ **Elite Greens** support digestion, provide **high bioavailable vitamins and minerals**, and don't interfere with nutrient absorption.
🚫 **Overrated Greens** contain **oxalates, goitrogens, and other anti-nutrients**, which can **bind to minerals** and disrupt digestion.

What's the REAL Move?

- **Maximize nutrients without screwing digestion.**
- **Frozen broccoli?** A budget survival move, **not** world-class elite.
  I Eat Frozen Broccoli. Ok. You'll get the gist of it. Keep Reading.

The future? **WORLD EMPIRE farm communes** with live music.
But today? **Add to Cart.** ✅

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7. "More Vegetables. Because Vegetables."

Tactical World-Class Vegetables: The Powerhouse Picks

Not all Vegetables are equal. Some are **nutritional titans**, while others are **overhyped distractions**. The difference? **How well they fuel elite performance**.
If Organic isn't an option → Prioritize Frozen over conventional fresh to reduce pesticide exposure.

🌱 Elite Tactical Vegetables (World-Class Tier)

- **Organic Riced Cauliflower (10/10)** – Perfect alternative to grains, ultra-light on digestion, and absorbs flavor exceptionally well. *love it*

- **Broccoli (10/10)** – The GOAT of vegetables. Loaded with **sulforaphane**, an antioxidant that supports detox pathways, reduces inflammation, and enhances cellular repair. **If you don't eat broccoli, start now.**

- **Onions (10/10)** – Antibacterial, antifungal, rich in **quercetin** (natural antihistamine), supports cardiovascular health, and **adds elite flavor to every meal.** *so good*

- **Peppers (9/10)** – High in **vitamin C**, good for skin, immune function, and metabolism. **Red > Green** due to lower bitterness and higher nutrient density. *tactical onions/peppers. Wow.*

- **Organic Cucumbers (9/10)** – Hydration, silica for **skin/hair health**, natural cooling effect, and easy digestion. **The cleanest raw snack vegetable.**

- **Organic Celery (8/10)** – Electrolytes, natural diuretic, helps reduce bloating, but not a nutrient powerhouse. **Useful but not essential.** *get it anyways*

- **Zucchini (7/10)** – Low-calorie, gut-friendly, versatile, but lower nutrient density than elite-tier picks.

- **Carrots (6/10)** – Beta-carotene for eye health, but **higher in sugar** than most vegetables. Tactical, but not a primary focus.
  "Green Leaf Lettuce" is for my bunny rabbit. if you have a bunny rabbit, they most likely need "green leaf lettuce" and NOT romaine lettuce or whatever you buy. Get woke.

🚫 Overrated / Not Necessary Vegetables

- **Spinach (3/10)** – Full of **oxalates**, which bind to minerals and **inhibit absorption**. You're better off choosing **bok choy or romaine.**
- **Kale (3/10)** – **Goitrogens disrupt thyroid function** if overconsumed. Heavily marketed as a "superfood," but **falls short compared to truly elite greens.**
- **Eggplant (4/10)** – Contains **solanine**, a **natural** pesticide that can cause **inflammation and joint issues** in some people. **Not a priority.**

🔥 The Budget & Efficiency Strategy

Let's be real. Not everyone has access to **pristine organic vegetables every day**. But that doesn't mean you settle for junk.

Survival Mode:

- If organic isn't an option, **frozen broccoli still beats no broccoli.**
  Again... I look at the frozen brocolli on my plate. "It's the LEAST Elite?" Ok. Then I'm on the right track.

- **$1 = More broccoli** is a reality. Prioritize **nutrient density per dollar,** not just "cheapest food possible."\

I, Myself, Bennett Preston, in my personal experience... Acquired all Elite-Tier and "Better than 95% of any other option" Nearly-Elite Tier items... For this entire regimen from 2 Walmart orders. *see back of book for one and done Add-to-Cart Simplified no-nonsense grocery list*
(I, Myself Bennett Preston in my personal experience, who is employing himself, as writer of this book, as World Empire industries. As in World Empire bank account, and Not Bennett Preston's personal assets accounts. Ha!)
*All from walmart/ACME (when unavailable) besides organic fermented goat's milk yogurt & cheeses with no chemical anti-caking etc/etc what have you. good luck thinking of what store has that... **It's obvious** lol*

Apes have smaller brains because their plant-based diet lacks the nutrient density required for high-energy brain function. **(I couldn't help it...)**

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8. "World-Class Elite Fruits."

Fruit is a Tool, Not a Free-for-All

High Glycemic (Limit Intake, Quick Spikes): BLOOD SUGAR DEVIL IN THE DETAILS *Relax.* D Word.

🚫 Watermelon (2/10) – Fun, but a sugar bomb. 🚫 Pineapple (3/10) – Tastes elite, but **spike city.** 🚫 Grapes (4/10) – Blood sugar spike fuel.

Moderate Glycemic (Balanced Energy):

⚖️ Oranges (6/10) – Citrus hydration, fair balance. ⚖️ Apples (7/10) – Decent fiber, still moderate spike. ⚖️ Mango (7/10) – Borderline too much sugar, but useful. Bananas (6-7/10) *still good though because of 100 different factors that you don't know about*

Low Glycemic (Best for Sustained Energy):

✅ Berries (9/10) – Antioxidants, low sugar. ✅ Avocados (10/10) – **The Ultimate Fruit.** ✅ Lemons/Limes (10/10) – **Alkalizing, powerful.**. *EPIC SMOOTHIE RIGHT HERE*

Pair fruit with protein & fats. No solo sugar spikes. **W.E. use fruit Tactically, not excessively.**
R.I.P. to my 10 consecutive packs of 100% organic fruit snacks on writing-this-book nights

Ditch your supergreens alkalizing super extra fantastic razzle dazzle Blend powders for a bit... ***Unless*** *you already monitor your particular nutrient/brain/body/gut regulation and everything on an advanced medical-science-analysis interactive level. If you've learned a few new things by now from this book...* ***You probably don't****. I take a multivitamin but that's part 2*

Keep it moving.

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9. "Stainless Steel: What is the Riddle of Steel?"

Your Cookware is Your Weapon

✅ **No non-stick. No coatings.**
✅ Pyrex glass storage = **Meal Prep Mastery.**
✅ Wooden spoons. **Because plastic melts.**
You NEED Stainless Steel Pans. and glass pans
W.E. don't have your Attention yet? Buy it. **Source - Trust Me Bro.**
Surprise. It's Cheap and lasts forever. Total Secret Society Vibes.

Cookware isn't just cookware. It's **battlefield equipment.**
Buy once, **never think about it again.**

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10. "FLAVORTOWN MK. 4"

The SPICE!

WORLD-CLASS ELITE SPICES (Tier 1 – Essential Mode) 🔥

✅ **Real Salt** (Ancient Sea Salt / Pink Himalayan, No Anti-Caking Agents)
✅ **Organic Garlic Powder** (Glass Jar, No Fillers)
✅ **Organic Paprika** (Glass Jar, No Fillers)
✅ **Organic Black Pepper** (Whole or Fresh Ground, No Additives)
✅ **Organic Cumin** (Depth & Smokiness, No Fillers)
✅ **Organic Turmeric** (Anti-Inflammatory, Pair with Black Pepper)
✅ **Organic Cinnamon** (Ceylon, Not Cassia – Metabolic Boost & Flavor Depth)
✅ **Organic Onion Powder** (Glass Jar, No Fillers)
✅ **Organic Smoked Paprika** (For Roasted Meats & Deep Flavor)
✅ **Organic Oregano** (High-Antioxidant, Elite for Meats & Dressings)
✅ **Organic Basil** (Perfect for Tomato-Based Dishes & Eggs)
✅ **Organic Thyme** (Powerful for Chicken, Beef, & Herbal Benefits)
✅ **Organic Cayenne Pepper** (Metabolism Boost, Adds Heat)
✅ **Organic Chili Powder** (For WORLD EMPIRE DIY Flamethrower Hot Blend)

🔥 **This is the FULL Tier 1 spice set. Essential, powerful, no unnecessary fillers.** 🚀
*Pending Possible **Spice-Simplification-Win/Win-Elite All in 1 Combo Pack**... You can order. One & Done.*
Real World Organic Spice Production Companies seem to have more Logistics to navigate than Me typing and uploading a Free book at my keyboard. Who knew?
Also Get Yourself Some
Secret Aardvark's Smoky Chipotle-Habanero Sauce Has to Be That Kind.
It is a 100/100 world-class condiment within our particular parameters.
Source - Trust me Bro. *read into it if you must (always read into it)*

This book is the Ultimate World Class Health guide. (Part 1-3 as a whole)
So we can get back to **Doing Stuff.** No more Hokey-Pokey Wish-Wash.

WARNING - Before W.E. Continue

EMERGENCY - STUFF YOU'VE PROBABLY LEARNED BUT MAY HAVE FORGOTTEN PROTOCOL ULTRA DELTA BRAVO:

Essential Food Safety Rules Everyone Should Know

1. Cans in the Fridge = Botulism Risk

Open cans can rust or leach metal into food. Transfer to a sealed container.

2. Raw Meat = Cross-Contamination Hazard

Separate: Keep raw meat away from ready-to-eat foods.
Bottom shelf in fridge RAW = UNCOOKED

Clean: Wash hands, utensils, and surfaces after handling.

Cook Thoroughly:

Chicken = 165°F

Beef = 145°F

Ground Meat = 160°F

If you TOUCH RAW MEAT... Then TOUCH ANYTHING ELSE (ANYTHING) without washing your hands of the raw meat... Then You have CONTAMINATED whatever you have TOUCHED with RAW MEAT.
As a thought experiment: *Imagine touching PAINT and see what else you unknowingly Touch within 30 seconds.*

3. Don't Eat Raw Dough or Batter

Raw eggs = Salmonella risk.

Raw flour = Can contain E. coli.

4. Leftovers Have an Expiration Date

3-4 days max in the fridge. If unsure, smell doesn't always mean safe.

5. Defrost Meat Safely

Fridge (Best): Slow but safe.

Cold Water (Fast): Submerge in a leak-proof bag, change water every 30 mins.

Microwave (Last Resort): Cook immediately after.

❌ **Never leave on the counter!**

6. The 2-Hour Rule

Perishable food shouldn't sit out for more than 2 hours.

If it's hot outside (90°F+), 1 hour max.

7. DO NOT Rinse Raw Chicken

Washing it spreads bacteria everywhere.

It does NOT remove germs—cooking to 165°F does.

USDA, FDA, and food safety experts all say DO NOT rinse chicken.

8. Keep Fridge & Freezer at Safe Temps

Fridge: ≤ 40°F

Freezer: ≤ 0°F

9. Store Raw Meat on the Bottom Shelf

Prevents drips contaminating other food.

10. Wooden Cutting Boards = No Raw Meat

Use plastic or glass for meat, wood for produce.

11. Expiration vs. "Best By" Dates

"Best By" = Quality (food may still be safe).

"Use By" = Safety (don't risk it).

"Sell By" = For stores, not consumers.

12. Moldy Bread? Throw the Whole Thing Away

Mold roots spread beyond what you see.

13. Rice & Pasta Left Out Overnight? Toss It.

Bacteria ***(Bacillus cereus)*** survives cooking and multiplies fast.

14. Smelly or Slimy Fish = No-Go

Fresh fish should smell like the ocean, not ammonia or rot.

15. Keep Dairy Cold – No Room Temp Milk

Even pasteurized milk spoils fast if left out.

No excuses—this is basic survival knowledge.---

Read it again.

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11. "Cooking the Food."

The Real Basics

- **Step 1:** Get the food. *first you get the food*
- **Step 2:** Get the cookware. *then you get the cookware*
- **Step 3: Become World-Class Elite.** *Then you get the joke*
  THE 2 GROCERY ORDERS , ALL ITEMS I HAVE ACQUIRED FROM PERSONAL EXPERIENCE FROM WALMART/ACME Delivery/Pickup
  Are All at End of Book **APEX**
  W.E. Did The Foot-Work So You Don't Have To.
  This isn't the book that reforms the whole world but Yes. W.E. are Aware of The Things about The Things about The THINGS... Keep it to yourselves for now.

  My Basic Meal blueprint: ✅ Grass-fed beef, onions, bok choy. ✅ White rice, simmered to perfection. ✅ Roasted broccoli, seasoned. ✅ Ezekiel bread with avocado.
  Finesse it your own way. ***just saying***

Metabolically **100/100.**

How to Cook These Meals from Zero Knowledge Mode

Stainless Steel Pan Cooking (Proteins & Sautéed Veggies):

1. Heat pan on medium for 1-2 minutes or like *30 sec* before adding anything. **A properly heated pan prevents sticking.**
2. Add **100% pure avocado oil** *(NOT olive oil for high heat! Remember! C Word.).*
3. Place your **grass-fed beef, chicken, or eggs** into the pan.
4. Sear until browned on one side, flip, and finish cooking through. **For beef, keep it medium-rare for max nutrients.** ---***me, I mush it up ground and cooked like taco meat*** *wait so... Tacos?*
5. For **onions, peppers, bok choy:** Add after meat is almost done, toss in the pan, cook until softened but still crisp.

   *mushrooms need to be **Cooked** to be consumed by humans. I don't mean to upset you if you eat them raw... However... Mushrooms are not here in this particular book because that is another dimension of Elite Health.* **if you know why I say that...**
   Then you already Know. Congratulations & Well Met, fellow Human.

Rice Cooking (Simple, Foolproof Method):

1. Rinse white rice in a fine mesh strainer **until the water runs clear** (removes excess starch for better digestion). *I did it without the strainer, in a pot... It's basically just rinsing away the excess starches a few times.*
2. Add **1 part rice to 2 parts water** in a pot.
3. Bring to a boil, then reduce heat to **low, cover, and simmer** for 15-20 minutes.
4. Remove from heat fluff with fork and **let it sit covered for 5 minutes** (final absorption phase).
   Fluff with Fork when it says! do what it says *instructions on bags duh!*
   *The Instructions are probably **ON** the Bag. Wow.*

Oven-Roasted Broccoli, Sweet Potatoes, & Fries:

1. Preheat oven to **425°F**.
2. Chop veggies into even pieces **(broccoli florets, sweet potato fries, etc.)**
3. Toss in **avocado oil**, season with **sea salt, garlic powder, paprika (optional).**
4. Spread on a baking sheet **in a single layer** (don't overcrowd—prevents steaming!).
5. Roast for **20-25 minutes**, flipping halfway for even crispiness.
   Simple

Bonus: Want extra-crispy sweet potato fries? **Soak them in water for 30 minutes before roasting** to remove excess starch.

🔥 **You don't need to be a chef. Just follow the method and let the results speak for themselves.**

The Real Basics

- **Step 1:** Get the food.

- **Step 2:** Get the cookware.
- **Step 3: Become World-Class Elite.**

Don't Even Think About Getting **The Boxes** Bro. Do You Know What I Am referring to?
I Don't Know Just How Big The **Box** System Goes But Think About Everything that W.E. Have Just Told You. *Good Luck*
Eat Better. For Less Money.

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12. "The Meal Matrix."

Tactical Meal Matrix for World-Class Health

Protein	Base (Carbs/Grains)	Vegetables	Fats	Extras
Grass-Fed Beef (Ground, Steak, Roast)	Organic White Jasmine Rice	Organic Broccoli, Organic Onions	Avocado	Primal Kitchen Ranch
Organic Chicken (Breast, Thighs, Tenders)	Organic Sweet Potatoes, swt -French Fries	Organic Peppers, Bok Choy	Goat Cheese	Primal Kitchen Ketchup
Wild-Caught Salmon OR Sardines	Ezekiel Bread (Toast, Sandwich, Wrap)	Organic Riced Cauliflower	Grass-Fed Butter	Secret Aardvark Hot Sauce
Pasture-Raised Eggs EGGS!	Romaine Lettuce (Salad, Wrap Mode)	Organic Cucumbers, Zucchini	Olive Oil (Cold Use)	Sauerkraut
Applegate Deli Meats, (*This is it.*) hot dog	Goat Milk Yogurt (Smoothie, Bowl Mode)	Organic Celery, Bell Peppers	Pickles	Ezekiel Bread Avocado Toast

The System:

- **Pick 1-2 proteins, 1 carb, 1-2 veggies, a fat source, and an extra (optional).**
- **No processed garbage. No seed oils. No unnecessary fillers.**
- **Built for metabolic optimization, strength, and recovery.**

🔥 **Life is fun now. Because WORLD EMPIRE.**

Forget tracking macros. Just **build it correctly.**
✅ **Sauerkraut, cucumbers, yogurt, fruit.** ✅ **Real sauces, no processed garbage.**

Of course it goes beyond this so before W.E. continue... W.E. Will Always Have Tactical ELITE Sandwiches, veggies, fruits, snacks, meals, CLEAN Water (yes you're going to want a filtered one) On Hand or in reach at any given moment 24/7. *The day I did not have any on hand... There were 3 places within a 15 mile radius that served lunch that were within the given parameters outlined in this book. Do you understand?*
"This, this and that just that and this though right?" ***No****. Not right.*

I couldn't find this book anywhere so I made it.

Checkpoint: APEX

W.E. are now locked in at an elite level of understanding far beyond the capacities available to any of our parents, do you understand? The components of what went into Part-1 FOOD consist of several years scrutinizing and more recently deep-diving HARD into the 1,000+ hours worth of peer reviewed medical science nitwit-egghead-jargon information that you've never heard of in your Life and will Never have the time to absorb as W.E. have. As inconsequential tidbits of this & that rise and fall, W.E. will Remain. There are infrastructure matters on a global scale that W.E. will address with Solutions rather than Problems in "WORLD EMPIRE: World Without End" so for now... Save your **soil**, support your local **regenerative** farms, **don't** look too into it for now. Ok?

Humans have existed in this world for a very long time... A lot longer than your *hydroposorophotate-potassium-cytrade-ethinikinal -calcify-lectodBicarbophospate(?)* Healthy Cookie Snacks (that assure you it's Healthy but cannot legitimately Say on the Box that they are GOOD for YOU to EAT) -have existed... Through the echoes of centuries past humans have suffered, shivered from cold, been hungry, walked FAR, and have been fortified as the Dominant Species. W.E. evolved in tribes... When there was a lion upon the borders of our camp we would Do Battle without fear... Those days to most of us are far gone. The implications of this comforting life of dubious comforts on demand... Instant rewards to our brains 900% more rewarding than Defeating a Bear in hand to hand Combat... is the new dawn of metabolic disruption and fruity flavored pills for your miserable convenience.

There's nothing inherently wrong with **Sitting** being the New **Smoking**. However feeling good is pretty darn good and I am not going to lie about that... I now have implemented the

layout of Part 1 for about 2 weeks because I felt it was appropriate to work out the kinks of routine for the other book(s). Yet long before... I remain active, of sound body and mind, even on the nights I sleep for 4.5 hours... I wake to the day and push through to night absolutely in love with myself, my tribe, and my life... Someone who doesn't is going to tell me NO? Kick Rocks. *Do you wish to continue?*

WORLD EMPIRE: WORLD CLASS ELITE HEALTH

PART 2: PHYSICAL REALITY EXECUTION

Chapter 14: Nourishment Beyond the Surface

- **Eliminating Nutritional Interference**: Cutting out seed oils, excessive glyphosate, anti-nutrient-laden foods. Removing these **harmful elements** clears the path for optimal digestion, metabolic efficiency, and ***long-term health stability.*** *This is the real deal. Can't tell me nothin.*
- **Prioritizing Optimal Nutrition**: Grass-fed beef, eggs, high-quality chicken, and elite sandwiches form the backbone of this protocol. These foods provide superior bioavailability and sustain peak physical and cognitive function. *it's deep...*
- **Ensuring Bioavailability**: Every nutrient consumed must be ***efficiently absorbed***. Prioritizing whole foods that the body readily utilizes prevents nutrient wastage and supports performance.
- **Micro & Macro Optimization**: A precise balance of vitamins, minerals, and macronutrients ensures peak efficiency. Addressing deficiencies noted in Part 1 **(SEE PART 1 OF WHAT YOU JUST READ.)** provides the missing links in achieving full-spectrum nourishment. \

  ✅ Optimal Digestion Protocol
  Chew Thoroughly – At least 20-30 chews per bite for better enzyme activation.
  Meal Order – Start with protein & fats, then fiber, then carbs for controlled glucose response.
  Veggies first is Elite spike resistance but if you need that Now. You need a higher level book bro.
  Hydration Timing – No excessive drinking during meals; hydrate 30 min before or after.
  Gut Support – Fermented foods like scoop of sauerkraut, **probiotics *supplement***

specific **every 3-5 days.**
I have the brand but it needs to be a Probiotic that Survives Digestion. Do you understand? ***more to come***
Post-Meal Walk – 10-15 min to optimize digestion and glucose control.
walk/movement/something... Our Ancestors would chew food and prepare to Challenge Bears...
For us the dishes are too big of a challenge... Not after chicken night. Please...

- *Green Leaf* stuff is more/less a **Bonus** ? WHAT?! *Eat your salad. calm down.*

W.E. have cross-referenced ***All*** parameters with nearly all converging, diverging peer reviewed studies, medical science etc,etc. what have you... Examined all aspects against conflicting research studies.
Final Theoretical Analysis from My perspective is: *"With sufficient Scientist Dr. Chefs living in my kitchen 24/7 and monitoring by blopeebian-phophenic-posopophate-tatium(fake word) levels every night. While sourcing seeds from the indigenous tribes of Pick-your-jungle. Maybe I can uhh Drink an Orange Juice? For us in the real world? No. Never. WAIT! You Drink Orange Juice!!!!!!!??!"*
There are Those of Us too which have particular allergies, digestive issues &/or etc. etc.
So use your brain... Also ease into consuming the fermented foods. (goat cheese/ sauerkraut/ kimchi) It's a slow start with those. This is about REAL-WORLD IMPLEMENTATION & EXECUTION. EASY.
W.E. Have the path if you wish to continue.

Chapter 15: One Meal A Day (OMAD) & Nutrient Timing

OMAD* *is for fasting. World Class Elite Tier... However, I fast maybe once a month? This chapter is primarily to show you that from One Base Plate alone, for the entire Day... You can sufficiently full-circle encompass 100/100 Elite World Class Health mode.* ***Extended Fasts are in "WORLD EMPIRE: BEYOND BASICS Mk.1"***

- **Why OMAD?**: OMAD maximizes autophagy, allows digestive recovery, and aligns with the body's natural metabolic rhythms. This approach fosters Elite-Level digestion and sustained energy.
- **Meal Composition**: Every OMAD plate must contain a strategic balance of **protein, healthy fats, fiber, and carbohydrates.** ***Grass-fed beef, eggs, avocado, organic vegetables, and high-quality carbs*** ensure all essential nutrients are met in one sitting.
  Perfect OMAD Plate:

  ✅ Protein: Grass-fed beef, cooked with onions. **Cooked in Avocado Oil!**
  + seasoned with Tumeric, Garlic, Oregano, Paprika

  ✅ Fats: Whole avocado.

✅ Vegetables: Steamed riced cauliflower, roasted broccoli.

✅ Carbohydrates: Jasmine rice.

Avocado + slice of ezekiel bread? Avocado Toast - $27.99

Adaptability: OMAD is scalable. Whether modifying intake for muscle maintenance, endurance training, or recovery, this approach remains flexible ***without compromising metabolic benefits.***

BASIC. EASY. DONE. Add to Cart. Seriously

"Elite Meal Prep Infinite" is for ***WORLD EMPIRE: HOMELAND*** *(other free book) Though the Tools are still right here.* ***Glass Pan/Storage Sets. You've Had Leftovers before Bro. It's Just That.***\

- **chicken based sweet potato meal (2-3 days) Elite chicken fried rice type meal (2-days)**

  (goat)Cheese-Burger sweet potato fries meal (Cooked in AVOCADO OIL - Triple Elite Clean)

  Loaded (sweet) potato skins? *Have fun with it. I'd have More fun but I'm pretty busy with writing this book, guitar, rock climbing, animating cartoons and stuff like that. Work too I guess? but Perspective is everything.*

  W.E. Will ALWAYS Have Tactical WORLD CLASS ELITE Sandwiches, Meals, Celery, Brocolli, Dressing, Snacks On Hand at Any Given Moment. Do you understand? When I search for somewhere to get lunch within a 15 mile radius of a large town that meets all of the parameters we discussed...

  Guess who's having a "Cheat Day?" ***Cheat Day - suboptimal cognitive function physical health day***

  Drink Your Water. Do Your Thing.

  ANYTHING THAT TRIGGERS AN INSULIN RESPONSE WILL BREAK YOUR FAST *if fasting*

  Eat Your Vegetables ***first*** *to lower blood sugar spike by something-percent or something?*

  Don't just start Fasting without following the proper Fasting protocols. Look it up.

Chapter 16: Dopamine Regulation & Discipline

- **Breaking Free from Dopamine Overload**: Modern overstimulation—from processed foods to constant digital input—dulls natural motivation. Resetting dopamine sensitivity restores true drive and focus.

  Your brain is basically getting 700% more of a reward than tracking, hunting and slaying a Bear in 1742 would have given you... By popping fake digital balloons with your thumb or something, in a fraction of a second. All Day. If your kids are of a single digit age and are already doing This... Good luck you are in my prayers or something because oh boy Oh Boy.
- **Reclaiming Natural Motivation**: Strategic fasting, exercise, and exposure to natural light rebuilds baseline dopamine levels, enhancing goal-oriented behavior.

  GO CAMPING FOR 3-4 DAYS NO PHONE TO SEE THE REAL WORLD AGAIN

I don't have such a luxury, as I am Here. Now. Writing this book on a work night, when I am supposed to be growing international cartoon empire. It's your life... This is it.

- **Cold exposure:** Look into this first but I just do cold showers or cold walk. 12-15min. per week is the adequate amount for benefits of cold exposure therapy. *I'm going to do one now Literally as Tribute to **you** doing one. Don't overdue it. **Uncomfortability is the Tool for escaping COMFORT HELL**.*
- **The Role of Fasting in Dopamine Reset**: Extended fasting cycles force dopamine recalibration, eliminating dependency on artificial stimulation and reinforcing mental clarity.
  ***You don't need to check your phone. We are all just messed up**...*
  Look Up Proper Fasting Protocols Yourself. It's Simple But Not. Sugary Vape Flavors or Menthol Tobacco Cigarettes May trigger insulin response. Would it Not? Why Wouldn't it?
  Surprise - The Empowering Anything Goes Positivity Reel is Paid For By Your Favorite Candy Company
  W.E. will tackle this further in **"WORLD EMPIRE: Oops. We Messed Up. Sorry?" Simply wanted to touch on this subject momentarily because the implications of digital use, overload, addiction are far beyond what you would expect.**
  *Meanwhile I Am Digital Wizard. ****D-D-D-DI-GI-TAL~***
  technically you're not Anxious... but... Oh. go ahead get mad. It's not My fault.

Chapter 17: Caffeine & Energy Optimization

- **Strategic Use of Caffeine**: Caffeine is a tool, not a crutch. Using it effectively means leveraging it's cognitive benefits while avoiding dependency.
  I'm absolute caffeine-head but I optimize when possible. Today? XL Organic Black Coffee before morning shower because Y.O.L.O. I'm also writing this book in between Real Life.
- **Timing & Dosing**: Caffeine should align with natural energy cycles. Optimal consumption occurs in the morning or pre-workout, avoiding late-day disruption of sleep.
  90 Minutes or More AFTER Waking *Yes W.E. should get sunlight to twinkle in our eyes before having our morning coffee But... Surprise, I'm at work before the Sun is up too...*
- **Caffeine Has a Half-Life** of who cares but so... **Don't** have caffeine after **1pm** ?
  *I have caffeine at 7-8pm meetings or after work when I have to randomly write this book. I have ADHD so yeah okay you & I Can Sleep after consuming Caffeine, congratulations... BUT Just like with marijuana... if it's consumed after a certain time of the day (afternoon-ish) Your Brain in Sleep will **not get the correct and/or adequate REST within certain neurological systems in deep-rest** that you don't have the time to learn about. Which will leave you the day after feeling -Anxious and/or pick your buzzword for OMG...*
- **Alternatives & Enhancements**: Caffeine isn't the only energy solution. Adaptogens, proper hydration, and deep sleep provide sustainable energy without reliance on

stimulants.
Caffeine is more or less unnecessary yes but Check it out...
I have analyzed these parameters before Adding a Chapter on Caffeine.

✅I Have ADHD Heavy. *it's **Real**. Do a Google search.*

✅I have **no** desire to use medication to optimize what Caffeine Does for me. *though maybe I should?*

✅It's Literally **My** Book.
Coffee
YES. You Need To Drink it Black. I Am Not Telling You That You Need To But Yes... I LOVE IT.
& NOBODY Loved
Vanilla-Choco-coco-mocho-Foamico-Mocha-Triple-Caramel-Ciinno More Than ME.
So Don't even go there...

Chapter 18: Movement & Exercise

- **Training for Function & Longevity**: Strength, mobility, and endurance build the foundation of physical resilience. Movement should be integrated daily, **not** just during workouts.
  This gets deeper and deeper if you ever look into it.
- **No Seed Oil Bulk—Pure Strength**: Building muscle should never come at the cost of metabolic health. Avoiding seed oils and processed bulking tactics ensures lean, powerful development.
  ***SURPRISE Delta:* I Burn Calories at an insane speed. I have Fast-Metabolism and am always active... The Part 1 Food Meals (average amount of food) with my Activity (non-excessive) still has me gaining significant muscle if/when I lift a few weights. I am athletically cut muscle Firm from neck to foot. 1 Plate 1 Super Sandwich a day is literally more than sufficient protein intake for Me (calorie burning Machine.) ok. ... and if it's Not? +2-3 Chicken Tenders. Tactical Fix. More Meat. Woah...**
  It's a lot more simple than you think but Nobody Knows. I had to put it to the test to ensure that Even I could tell you I am Able to build muscle on this regimen. Which is honestly quite the surprise to me.
- **Daily Non-Negotiables**: Walking, stretching, and mobility drills maintain fluidity and prevent stagnation, reinforcing elite movement patterns. *Try a Balancing act... Have Fun. Do Something. Seriously.*

Chapter 19: Stress Resilience

- **Mind-Body Connection**: Chronic ***stress weakens metabolic function*** and r***ecovery***. Awareness and active mitigation are critical for sustained performance.

W.E. Get Deeper into this in part 3. This Chapter Exists in part 2 for anyone who reads part 1 & 2 and does That Thing where they goes "pffft... wrgrgrrgrrwr.. pffft. Well I never..." ... **Ok. bro. like. what is that?**
*so then this **should suffice**.*
Can't Tell Me Nothing.

- **Daily Resilience Practices**: Breathwork, cold exposure, and controlled stress responses condition the nervous system to operate under pressure without faltering. *It's all good.*
- **Elite Adaptation**: Those who master stress response ***thrive in all conditions***. Training the nervous system to ***remain steady under adversity*** ensures ***longevity*** and ***optimal decision-making.***
- **LITERALLY:** Do a stress releiving activity that you love. I love guitar. I just now played guitar. I just now got back to writing the book feeling Well. Someone has to write the book...
  Tactical Therapeutic Crayon Color In Between The Lines Intensive Cognitive Session - $400/session

Chapter 20: Supplementation Mastery

- **Finalizing the Stack**: Dialing in micronutrient intake fills any remaining nutritional gaps. The focus is on whole-food synergy, with supplements used sparingly as strategic enhancers.
- **Rotation & Cycling**: Long-term supplement use requires periodic cycling to prevent desensitization and ensure sustained efficacy. *You'll get there. Trust me. It's less than you think.*
- **Real Food vs. Supplements**: Whole foods remain superior. Supplements should act as an insurance policy, not a substitute for nutrient-dense meals.\
  I kept this brief in the traditional explanation of the idea because Elite World Class Individuals seem to do it with food alone...
  ***However,** that's just not me and I don't have a Doctor-Scientist Live-in Chef-Virtuoso Preparing All my meals for me 24/7 and gauging my entire system like I'm a professional athlete.*
  *Going to the farms/farmer's markets is cool and all but W.E. need to write this boo**k.** **
  Someone like Me who writes this book because they don't want to Do all that TAKES
  ✅ *1 Organic Fermented for Absorption Advanced Men's Multivitamin*
  ✅ *1 Quality Omega-3 Complex Pill*
  ✅ *EASE Magnesium Spray (spray it on at night)*
  ✅ *1 Vitamin D3 + K2 Supplement*
  ✅ *1 Electrolyte Packet (you know the one)*
  ✅ *Probiotic Supplement (1 every 4-5 days) (Even though it's sold as a "30 Day Supply - 30 Capsules"—Trust Me, Bro.)*

Possible Deficiencies to Watch For:
Vitamin D & K2 – If not supplementing or getting adequate sunlight.
Magnesium – Common deficiency; supports energy, sleep, and muscle function.
B Vitamins – Essential for energy metabolism and cognitive function.
Omega-3s (EPA/DHA) – If diet lacks fatty fish or supplementation.
Iron – If not consuming enough red meat or fortified foods.
Zinc & Copper – Need balance; crucial for immunity and metabolism.
Electrolytes (Sodium, Potassium, Magnesium) – Important for hydration and nerve function.
Iodine & stuff too if you're not consuming enough Fish so maybe just get the multivitamin for now like W.E. Do?\

Chapter 21: Go To Bed!

It's way past your bed-time \

- **BLACKED OUT**: Just like your Coffee you need to ***ABSOLUTELY BLACK OUT*** your Bedroom. The act of opening the curtains to the new day takes on a whole new meaning. Blacking Out your room alone will give you a level of sleep you may have never had before.
  If I told you there was a correlation between bedrooms that had streetlights shining into them and rates of Depression... as opposed to ones with only darkness, would you believe me?
- **No Blue Light or Devices One Hour Before Bed:** The Title is the protocol because you already know this however here are the Fun Facts, just for you. In the same realm as Blacking Out your room... The Human Body's relation to circadian rhythm -*rising & setting of the Sun* is why there is no more phone or screens before bed. ***W.E. for millennia+ have not had an artificial light tool of such magnitude ever in the history of human existence. Now we do... Your Grandchildren's grandchildren may be more adapted to it all, but for us... too bad.***
- **LITERALLY NO DEVICES:** Literally. if you are in bed and check your phone. ***That*** neurological reaction to the anticipation and light sets off ***Fireworks in your brain***. It's ***a lot*** to get into so if you've gotten this far. ***Trust Me Bro.***
  Keep All Electronics at least 6+ feet away from your bed. Other reasons...
- **WORLD BEYOND DEVICES**: Play some music, Read a Book ***PHYSICAL BOOK is way more cool and tough anyways*** (no screen, also you comprehend More information with paperback, go figure...), shower, wind down, Spend Time with friends/family (no screens), meditate, draw?
  I'd play electric guitar but my pedal boards have many intense artificial lights. Dim lights for bed-time.
- **SLEEP CYCLES**: Sleep Cycles last roughly 1.5 hours (the first is a little longer just because). A Healthy night's sleep consists of 4-6 uninterrupted Sleep Cycles. 1.5 x 4, 5 OR 6. In truth and from personal experience I can confirm that 3 sleep cycles (4.5 hours) have me navigate the day Better than 4 INCOMPLETE Sleep Cycles. (just because) There's a whole book on sleeping smarter...
  This isn't it.

- **Evolution:** W.E. Evolved in Tribes so inevitably there are genetic predispositions for particular individuals to be Night Owls or Morning Birds etc/etc. Someone needs to watch out for ***Bears***...
  However, beyond that... Telomeres Breaking is in essence what Causes You to ***Age***. They typically snap 3x times as fast when you stay awake overnight... *As W.E. See it: Staying awake overnight causes you to **age** 3x quicker than someone who does not. R.I.P. to Overnight Animate Cartoon 6 hours straight nights...*

  Waking up is it's own thing for everyone and there are variances... My **ideal** wake up protocol is to Wake With **Alarm** *yes I'm not yet a billionaire that can afford to Not have an alarm for work. No-Alarm is ELITE, but not for Me living Life As Me.* I ***turn on my lights*** and lay for 7-10 minutes *(meditating but most always kind of fall asleep)* Wake to my pre-determined 10min. snooze. get up. ***brew coffee*** *the smell will trigger you to wake up a bit.* drink my **electrolyte drink in water *(not some mainstream hokey pokey marketed garbage sugary electrolyte nonsensical drink)*** , some regular water (regular speed, don't chug) , shower... ***The Brain is still not fully awake yet of course, and as you should know by now... Caffeine doesn't give me Energy, it simply makes it so my brain cannot comprehend how Tired I am so to speak~*** I wait the *90 minutes optimally*, *20 minutes Usually* and have my coffee... & Bring My Coffee in Giant Thermos because surprise. Any other option is Trash and expensive for no reason, go figure... *(not referring to Artisan Elite Coffee Shops)* & I'm at work before the sunrise so no ***Optimized natural light in the eyes before caffeine protocol*** for me yet. *ADHD I self-medicate with caffeine*
  Be Mindful with this knowledge, sometimes I operate on 2-3 sleep cycles. not ideal for Health.

Chapter 22: Conclusion to Part 2

- **Execution is Everything**: Knowledge without action is worthless. The protocols outlined here must be integrated ***daily*** for results to materialize. *I've always had a degree of humor in everything... but I can't remember life before my present state of absolute Joy and authenticity. So I'm not sure how long it will take for anyone who doesn't have that. Once this book is done. I can get back to Elite Self Routine but for now...*
- **Fun Fact Gamma Delta**: 1.5 Hours of Zone 2 cardio exercise per WEEK (like intense walking?) &/or dancing Outperformed SSRI's by a percentage that you don't want to know.
- **The Path to Unstoppable Health**: These strategies become effortless once ingrained into daily routines. ***Mastery*** is achieved through ***consistency***. *Literally LOVE Black Coffee. Bitter like Grapefruit Mmm..*
  Some people think my laugh is a nervous laugh, or that my smile is a Stoned smile? I feel sorry for them, so I wrote the book. I don't use any substance outside of caffeine.
- **Teasing to Beyond Part 3 Oohoh**: With the ***physical domain secured,*** Part 3 will shift into higher-level integration—purpose, mindset, Highest-Self, community and

long-term Elite living.
WORLD CLASS ELITE HEALTH-y individual **Real World Execution**.

Checkpoint Bravo

We have addressed all measured and practical applications of the physical external world components that would set the stage for World Class Elite Health *Literally.*

However there is a dimension of Elite Health that still resides with the human mind. The brain is the organ that sustains the mind... But the mind is you. W.E. will first clear the slate of the mind within the depths of this first chapter.

The improvements of cognitive function, emotional capacity and overall Brain composition have been measured in the physical world. Ok... Science.

However, from personal experience in implementing my own degree of these protocols, I can tell you in truth...

I love myself and I absolutely love my life with a Joy so profound you would think I was making it up. (Most people think I'm stoned lol it's kinda sad to be honest. I'm sober af)

I wrote this book to break it down into some type of tangible formula?

Yet I theorize you could still be a miserable a-hole and still thrive on world class elite health as long as you Truly Love moving through the world as miserable a-hole. I just can't understand how.

Dive into cultivating a World Class Elite Health Mindset.

Or shut the book, lol do whatever you want. That's the idea of part 3. It's a free book?

Fun fact #1 regret across all people out of top 10 regrets on their death bed:

"I just wish I had Worked Less."

Well surprise you gotta get to work so skip that one.

If your work is Doing what you Love then that wouldn't apply anyways, right?

Part 3 is the only part that becomes more vague because it is the only part I will openly say is not a one-size fits all. Your life is your own. Don't let me tell you what to do...

Or Trust Me Bro.

PART 3: WORLD CLASS ELITE HEALTH

THE REAL WORLD

Can't Operate on ***WORLD CLASS ELITE HEALTH*** outside of the **Real World**.
Also My Thoughts Create Reality Anything is Possible Vibe -so it's a Paradox

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Chapter 23: Presence

Core Concept: Life is happening **now**. Presence is the foundation of awareness and deep engagement with the world. *This is Your Life*

- **The Attention Economy:** The modern world is designed to steal your focus. Notifications, social media, and endless news cycles create constant mental clutter. True fulfillment comes from reclaiming control over your attention.
  Do not be disheartened. In a modern study, 85% of participants opted to Suffer a Painful Electric Shock over spending 15 minutes Alone with their own thoughts and No Phone. Do you understand?
- **Engaging in the Moment:** Whether eating, walking, or working, resist the pull of distractions. Every moment fully experienced deepens your connection to ***life***.
  Your perspective of the world in the Present Moment is a Reflection of your inner world made whole.
  Not even on some woo-woo-sparkle-jangle. You know this to be true.
- **The Power of Awareness:** Training yourself to ***recognize*** distractions allows you to ***redirect*** focus toward what truly matters. ***Presence strengthens memory, deepens relationships, and fosters gratitude.***
  When you record the concert on your phone instead of enjoying the concert... Your brain remembers you taking video of something over Being there. this varies in degrees of course but Hey.

Chapter 24: Meditation

Core Concept: Meditation is a practical tool for ***mental clarity, resilience,*** and ***focus***.

- **Mental Strength Training:** Just as lifting weights builds physical strength, meditation builds mental endurance, patience, and clarity.
  Stress about what?

- **Types of Meditation:** A breakdown of core meditation techniques for beginners:

    - **Breathwork Meditation:** Focus on your breathing. Inhale through your nose for four seconds, hold for four seconds, exhale through your mouth for four seconds. Repeat. This calms the nervous system and improves focus.
      --4-7-8 Breathing (Deep Relaxation Technique)
      Inhale through your nose for 4 seconds

      Hold for 7 seconds

      Exhale through your mouth for 8 seconds

      No hold after exhale. This pattern promotes deep relaxation.
      --Box Breathing (Elite Focus & Stress Control):

      Inhale through your nose for 4 seconds

      Hold for 4 seconds

      Exhale through your mouth for 4 seconds

      Hold after exhale for 4 seconds

      Put in some headphones in a quiet space alone
      Search ***"Guided Meditation" and add in any word you want***
      Ultra Super Demonic Jungle Meditation , who Am I to say No? \

- **Body Scan Meditation:** Lie down or sit comfortably. Bring attention to different areas of the body, noticing tension and consciously relaxing each muscle. Enhances bodily awareness and relieves stress.
  Yoga-Nidra is peak-tier for this and is actually a well recognized Nervous-system Reset protocol

    - **Focused Attention Meditation:** Pick an object (a candle flame, a mantra, or even your breath). Keep your ***mind locked*** onto it. ***When thoughts intrude, acknowledge them, then gently return focus.*** Trains discipline and attention span.
      Your Mind has Controlled You. W.E. Will take back Control over the Mind.

- **Open Awareness Meditation:** Instead of focusing on one thing, simply observe all thoughts, sounds, and sensations as they come and go without judgment. Develops mindfulness and detachment from stressors.
  This is The Way those Monks in the Mountain Temples who Meditate for 8 Hours are meditating. They are masters of the primal forms of meditation... Then They Do This... And That is How W.E. get
  Explore the Interdimensional Transcendent Mysteries of the Universe Yada-Lada Type Vibe.

- **Walking Meditation:** Move slowly and deliberately. Feel every step, the air on your skin, and the movement of your body. Ideal for those who struggle with sitting still.
  So I did a Guided Meditation version of This and thought I was in a Childhood Cartoon Nature Movie
  That I can't name for legal reasons.

- **Practical Benefits:** Meditation reduces stress, enhances cognition, and strengthens your ability to remain grounded under pressure. Even five minutes a day makes a difference.

  W.E. *Will think "AH! I Need to send the Scripts for the cartoon lines to Russian Techno Channel people and have the lines voiced, re-configure the 3D Cartoon Overlay of my Character for LIVE-Stream, film The 250 different Movies, and Animate the 300 episodes of these several different shows I came up with, all before next Holiday!!!*
  There's not enough TIME in the WORLD!?
  ---**5 Minute Guided Meditation**---
  "Ah... Time is **limitless** and **W.E.** have All the time in the world and it's all good? This present existence is a universe of my own creation experiencing itself as **Observer.** Sick..."
  Relax

Chapter 25: Embracing Knowledge & Philosophy

Core Concept: You have access to ***unprecedented*** knowledge—use it wisely.
The Kings and Grand Philosophers of History never had such an extravagant array of wisdom and knowledge. They didn't even have access to half of the comforts and foods as we have.

- **The Power of Discernment:** Ancient philosophers worked with limited resources, yet they shaped human thought. Today, limitless information is available, but the challenge is filtering signal from noise.
  Google the wisest philosophers and teachers etc/etc. I will not give mine here because I want to take no part in any particular influence on your philosophical growth and

world-view.

- **Beyond Passive Consumption:** Mindlessly scrolling is ***not*** learning. Engage with history, philosophy, and science with ***intentionality.*** *You learn information at 150% efficiency when walking or running go figure.*
  I didn't want to tell you Jogging is bad but it is... Unless you're the 2-3% Variant of the population... Walk/hike with short bursts of sprinting. But if you're like Me and Love jogging woodland Trails.
  Then do whatever you want.

- **Developing Your Own Understanding:** Intelligence is not about memorizing facts but synthesizing ideas and ***questioning the world*** critically.
  I told my friend I'd subscribe his political channel if he could provide me with an original thought as to the state of affairs... Not only was it poorly misinformed... My friend redacted his Leading Statement (the most important statement) and responded with "Ok well this and that. BUT Buzzword."
  So with a Clear Mind I did NOT subscribe to a feed of regurgitated whatever is popular

What is the Meaning of Life? lol! Live. Bro.

Chapter 26: Mindfulness

Core Concept: Protecting your mind from ***distractions*** and ***external manipulation***.
Do you Agree with such and such? Or did the algorithm, mob-mentality, echo-chamber of your cellular device make you THINK You Agree with such and such. I would theorize there wasn't even a moment of Thought.

- **Mental Guarding:** Are your thoughts ***truly*** yours, or have they been shaped by social media algorithms and news cycles? Take back control.
  I can tell when I Talk to a Person, or to Their Newsfeed of Regurgitated Sheep Food for thought... There is nothing wrong with Them if that's the case and they are No Less Human than I am... However, Yes...
- **Avoiding Emotional Manipulation:** Outrage-driven narratives prey on knee-jerk reactions. Step back and analyze before reacting. *Human Nature is not what you Think. You're not that complicated. Yet you Are...*
- **The Power of Clarity:** A disciplined mind is an unstoppable force. Train yourself to focus on reality rather than illusions manufactured to distract you.
  Can't Tell Me Nothin. You Can. I Will Listen. I Will TRULY Listen.
  and Think

Chapter 27: Learning

Core Concept: Education never ends—lifelong learning is the key to personal evolution.

- **Self-Taught Mastery:** Some of the greatest minds in history were self-educated. ***The internet grants you access to nearly all human knowledge.*** There is No Closed Door.
  Instead of going to Animation School, I Learned and Executed Extensively in my Free TIME. My friends from all over the various countries of the world who DID GO to Animation Schools ask me how I was able to execute a fully animated 35 minute episode one of my cartoon series LEGACY OF BEE, on my own. My question is
  Didn't They Teach You That in School?
- **Applying Knowledge:** True learning comes from practice and implementation, not just theoretical understanding. *There are varying degrees of learning but yes.*
- **Expanding Your Horizons:** Learn skills beyond your expertise. Growth comes from discomfort and challenge. *Things within things within things within things. Things where I learned this or that, are implemented into the realms of this or that. One of the reasons I am a Digital Wizard and not a computer science major.* ***Good Luck***

  Take a Class. Read a Book. DO a THING.
  I Wish I was better at speaking ***spanish*** *and* ***russian face to face****. Don't you?*

Chapter 28: Hobbies

Core Concept: Passion-driven pursuits refine the mind and bring fulfillment.

- **Hobbies as a Source of Identity:** More than just ***entertainment***, hobbies define ***character, discipline,*** and ***perseverance***. There is an infinite World of ***"CAN DO ANYTHING YOU WANT"*** in case nobody told you.
  This Girl called my International Cartoon Empire WORLD EMPIRE LLC a Hobby and I almost passed out
  She was fixing a simple thing with my car. I prefer guitars to cars. You could Dominate both.
  Don't let your hobbies or job Define your Identity. You're more than that.

- **Incremental Mastery:** Set small goals and consistently improve. The process itself is where fulfillment lies.
  Measurable rates of improvement over time... On higher levels of skill and mastery in the realm of pursuits such as ART, like me... It Can become difficult to execute because it is one of the few things that require 100% for 0% payoff in the moment. But you're doing The Thing so ENJOY THE PROCESS.
  Guitar was EPIC when my skill Doubled every other week... It is still EPIC but for

My Skill to Double now... W.E. wouldn't have this Book, do you understand? I guess if you're a billionaire you wouldn't have to choose... but in a sense you would. It's your LIFE.

- **Breaking Monotony:** Without creative outlets, life becomes stagnant. Engaging in personal pursuits is essential for mental vitality. *I find this to be true in a broad sense because creativity manifests in many different forms when you take the time to THINK ABOUT IT.*

  This naturally swayed towards my frame of reference for limitless creation... So forgive me.
  I am aware that many people do not sway to the creative side of the world. Or they do in a different way which I can't understand... Though I do understand.

Chapter 29: Community

Core Concept: Human beings evolved in tribes—connection is fundamental.
I would say I Belong to several particular ***communities*** *outside of the relationships between Myself and my individual good friends... However, I had forgotten to mention to someone once before... That all through COVID ERA and Now... I Also had my interactive online community of* ***animators, musicians, writers*** *and all-around* ***great people*** *& that of the like... (you probably do too and don't realize? Gamer?? OR Game Addict?) Which was in my higher realm of purpose.* ***W.E.*** *Were There. My super awesome global team of cool people... & As Much as I LOVE to initiate protocol* ***animate/execute/optimize creation execution of ALL Digital Command Center SOLO Ultimate Cyber Lord MODE Operations****... I Need and actively participate within my particular Community... I don't mean the city council unless that's Your Thing.*
This isn't about MY THING. It's about ANY THING.

- **The Myth of Individualism:** Despite modern narratives, humans are wired for connection and collaboration. *There is No Escape*
- **Quality Over Quantity:** Not all relationships serve your growth. Surround yourself with those who challenge and inspire you. *QUALITY OVER QUANTITY.*
  It doesn't belong here but you wouldn't believe the particular people I have cut from my Life if I told you.
  I will not ***compromise my Life****. This is all you have.*
- **Accepting Evolution:** Friendships shift over time. Some will grow with you, others won't. Don't hold yourself back for the sake of stagnation.
  AND Don't be mad that they grow away or what have you... It is the natural flow of life.
  I Myself with my ADHD or whatever they would call whatever I Am... Have ZERO Friend Degradation over TIME. Time for Me is either Now or Not Now. If I see you 10 years

*later... It's a **genuine** HEY!*
Dis-ingenuine, inauthentic, forced, fake?... I sometimes have difficulty being around it.

Chapter 30: Purpose

Core Concept: Without purpose, the mind fills itself with distractions.
Each of Us has 2 Lives. The second one Begins when you See you only have One.

- **The Void of Meaninglessness:** A life without purpose leads to mindless escapism—entertainment, indulgence, consumption, and addiction. *Enjoy it but still*
  Interjection Point Bravo Alpha: The Most Purposeful Thing You Could Do is Have Children.
  ("offspring" but come on...) That You Raise Well that Can Then Go Off To Raise Their Offspring. You don't Have To. I just want to clarify that THAT is a Big Big Purposeful Achievement that Mother Nature Gifted You. It takes up a lot of time too so don't transcribe my writing into "oh. I'm going to leave my kids and dig holes in the jungle for people" I'm not saying that... Unless you really want to idk?
  Children would not inhibit your Dreams but inspire you to follow yours and pursue theirs

- **The Weight of Your Bloodline:** Your ancestors from over a thousand years ago most likely found themselves on the Verge of Death through ***Battle, Elements, Plague, Exile, Retribution*** or the common cold... Yet after braving and conquering the Hardships that may have laid waste to their lineage, against all odds... They pulled through and **You are Here**...
  So put the phone down when you have dinner with your loved ones or what have you...

- **Taking Ownership:** If you don't define your purpose, someone else will define it for you. Step up, take action, and create a life worth living.
  Original Quote um....
  Ah! No... Someone else's quote.

  "Man's mind, stretched to a new idea, never goes back to its original dimension."
  – Oliver Wendell Holmes.

  Kept it Vague because who knows...
  Thanks for Reading. See you on the other side my friend.
  -**WORLD EMPIRE**

This is the All Encompassing Full Circle WORLD CLASS ELITE HEALTH Protocol to Move through the World as WORLD CLASS ELITE HEALTH-y individual. Circumnavigating the hokey pokey mass production of nonsensical buzzword food anti-science nonsense. The Quickie Version for optimal implementation in the real world. The lifestyle layout for any caliber of human being or that there other…
The Path to enlightenment in modern day globalized format for the everyday nitwit.

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WORLD EMPIRE: Beyond Basics variants

WORLD EMPIRE: World Without End

WORLD EMPIRE: Oops. We Messed Up. Sorry?

Among other complimentary works. Enjoy yourself and be well. I have stayed up well past my bed-time during my weekends and 40 hour work week to write this book since I have yet to see it anywhere.

I went to an overnight wxtch house dark industrial hardstyle dnb techno sets underground rave (we need more in USA) and had Fast-Food that night as Tribute. It was the Best Fast Food I Ever Had. Fully Sober. It was great… Upon finishing this I had a confetti cake cut with half buckwheat flour as Tribute to continuing eating on WORLD CLASS ELITE HEALTH level because it feels Oh. So. Good.
Anything's possible. Maybe The Pill IS The Solution? I won't find out, so let me know.

Grocery Lists EASY. SIMPLE. One And Done are linked to Moses Bear www.worldempire.global
Since this may end up in a different area of the world.

Do something Nice for someone and keep it a secret.